



LAKESIDE SURGICAL
ASSOCIATES, PA

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Open Hernia Instruction Sheet
Discharge Instructions
Out Patient Surgery

1. Leave dressing in place for 24-48 hrs or as directed by your doctor.
2. Leave the little pieces of tape in place, if any. They will come off on their own in about 1 week. You may remove these in 1 week if they are still on.
3. You may shower in 24-48 hrs and then pat dry the incision. You do not need to replace the dressing unless you wish to, due to discomfort and/or drainage.
4. Do not submerge the incision in water until cleared by your Doctor at least 1 week.
5. Take it easy for 2-3 days. Limit your activity and then increase it as can be tolerated.
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7. Walk frequently.
8. If you have any problems, uncontrolled pain, nausea/vomiting or bleeding/swelling notify your Doctor.
9. Drink plenty of liquids.
10. No ice or ointments to the incision.